



# La Rioja

EDUCACIÓN, CULTURA, DEPORTE Y JUVENTUD

## ESCUELAS OFICIALES DE IDIOMAS DE LA RIOJA

### PRUEBA DE CERTIFICACIÓN

### INGLÉS



Datos del candidato
Apellidos:
Nombre:
Modalidad: <input type="checkbox"/> Oficial Presencial <input type="checkbox"/> That's English <input type="checkbox"/> Libre <input type="checkbox"/> IES: _____

Mediación escrita	Mediación oral	Calificación final
/5	/5	/10

Apto     No Apto

**Convocatoria  
JUNIO 2022**

### PRUEBA DE MEDIACIÓN

#### INFORMACIÓN PARA EL CANDIDATO

- Esta prueba consta de 2 ejercicios: mediación oral y mediación escrita.
- Cada ejercicio tiene un valor del 50% de la prueba de mediación.
  
- Lea atentamente las instrucciones correspondientes al ejercicio de **MEDIACIÓN ESCRITA**.
- Debe registrar su respuesta en **el lugar indicado para ello en bolígrafo azul o negro**.
- Escriba con letra clara y legible que no lleve a dobles interpretaciones.
- **Debe apagar su teléfono móvil** – que no podrá estar encima de la mesa – antes de que comience la prueba.
- Una vez finalizada la prueba, se entregarán todos los papeles de examen, incluyendo las hojas de borrador, las cuales no serán corregidas.
- **Duración de la prueba de mediación escrita: 35 minutos.**

**WRITTEN MEDIATION** (5 marks)

Your Swedish friend Astrid is worried about her 15-year-old son, who doesn't seem to be getting enough sleep. She has found the newspaper article below but has problems understanding it. Her level of English is not as good as yours, and she needs your help. Write her **an email (about 80 words)** summarising and explaining the most relevant information.

### SLEEP TIPS FOR TEENAGERS

Many changes happen during teenage years, including sleep. Children's sleep habits change by the time they become teenagers. Most teenagers prefer to stay up late and sleep late. So here are a few tips that will help your kid sleep better at night.



Help your child set a bedtime routine and do not change it. Teenagers are very good at finding all kinds of excuses to avoid going to bed on time or staying up later. Make sure that lights are out by the designated time.

Your teenager should finish all homework before 10 p.m. Finishing homework is a common excuse used by children who do not want to go to sleep, and parents have a difficult time sending their child to bed without their homework done.

Remove or turn off all electronics at bedtime. If necessary, tell your teenager to give them to you at night.

Your child should avoid drinking caffeine after 7 p.m. Too many teenagers drink highly caffeinated products at night to help them focus on their homework. This makes it very difficult to fall asleep.

Getting more daily exercise can help your body get in a good rhythm. Exercising may help you fall asleep and sleep more deeply, but avoid high intensity exercise in the late evening, or it could keep you up.

